



# Affirmations for Partners

1. Genius-Turn to your partner and say, "I'm practically a genius!"
2. I'm on a Roll - Turn to your partner and say, "I'm on a roll today!"
3. I'm Amazing - Turn to your partner and say, "I am flat out AMAZING!"
4. Disco Cheer - Point your finger at an angle above your head, then downward to the opposite hip while singing, "That's the way (uh-huh, uh-huh) I like it!"
5. You're Da Bomb! - Make a fist and touch your fist to a partner's fist. Then, release and expand fingers like an explosion.
6. Picture Perfect-Pretend to hold a camera and click the button as if you are taking a picture of the person beside you. As you take the picture state, "Picture Perfect."
7. Shoulder Rub Reverse - Stand and form a line. Give your neighbor a shoulder rub. Turn around and repeat.
8. GolfClap - Clap hands together quietly as if you are in a golf gallery, and whisper, "Good job."
9. Sizzle-Touch your partner's shoulder and make a sizzling sound and say, "You sizzle."
10. Raise the Roof - Pump open-face palms up and down in the air while saying, "Woot! Woot!"
11. Mirror Cheer - Pretend to look into an imaginary mirror. Girls fluff hair and say, "Mmm, mm, mm!" Boys can snap and point while saying, "Look-ing good!"
12. Salute - Click heels together, snap your fingers, and say, "Salute!"
13. Learning Rocks - Face a partner. Reach the right hand above your head. Gently hit the palm of your partner's hand and say, "Learning Rocks."
14. You Rock - Point to a person and say, "You." Then, sway hands side to side in a rocking fashion and say, "Rock."
15. Truck Driver - Put palm up to mouth and make a static noise. Then say, "Good job, Good Buddy" "Honk, Honk" (Pull hand in a downward motion.)



# Affirmations for Partners

16. You Rock, Paper, Scissors – Play the rock, paper, scissors game, but say “You Rock!” and bump fists, then paper, scissors.

Double Fist Pump – Turn to your partner extending both clenched fists, and give them a double fist bump.

17. G-r-r-r-eat! – Hold hands up claw-style and growl, “G-R-R-R-EAT!”

18. Texas Salute – Hold up arm and circle overhead like a lasso and shout, “Yee-Haw!”

19. Silent Cheer – Hold hands together and shake on the left side of your head and then on the right side, as if cheering.

20. High Five – Turn to your partner. Hold one hand and clap with your partner's hand.

21. High Ten – Turn to your partner. Hold both hands up and clap with both your partner's hands.

22. High Ten / Low Ten – Same as High Ten, but add a second step. Bend down and clap both your partner's hands at knee level. Repeat several times to music for an energizer.

23. Two Finger Clap – Use first two fingers to tap the palm of left hand repeatedly, for applause.

24. Parrot Cheer – Put hands under arms, flap like wings and say, “Aaaak, aaaak, you did a good job!”





# Affirmations for Partners

Turn to your partner and say:

25. "I believe you are the deepest thinker I have talked to all day!"

26. "I believe you are the most articulate person I have talked to all day." 27. "I second that!"

28. "When you're hot, your HOT!"

29. "That's me. I'm different."

30. "We're good to go!"

31. "I'm the one!"

32. "I like the way you think!"

